

Life Is A Long Way To Run

Anita Wittenberg
24 Count, 2 Wall Waltz

Music : "Life Is A Long Way To Run" by Dancelife
Musik kann für das Abzeichen ausgetauscht werden



DEUTSCHES TANZSPORTABZEICHEN

2010 BadenWürttemberg
GOLD C

- 1-6 ¼ TURN STEP, ¼ TURN STEP,
¼ TURN STEP BACK, STEP BACK,
¼ TURN STEP, DRAG**
- 1 RF ¼ turn right step forward
 - 2 LF ¼ turn right step side left
 - & RF ¼ turn right step back (9:00)
 - 3 LF step back
 - 4 RF ¼ turn right step side right (12:00)
 - 5-6 LF drag to RF

- 7-12 KNEE SWIVEL, KICK, STEP, SLIDE,
DRAG**
- 1 LF swivel knee in front of right leg
 - 2 LF kick diagonally left
 - 3 LF step next to RF
 - 4 RF slide side right
 - 5 RF drag towards LF
 - 6 RF drag next to LF

- 13-18 STEP BACK, ½ TURN STEP,
¾ TURN RONDE'**
- 1 RF step diagonally forward left
 - 2 LF step side left
 - & RF ¼ turn right cross in front of LF
 - 3 LF step back
 - 4 RF ½ turn right step forward
 - 5-6 RF ¾ turn right sweeping LF (6:00)

- 19-24 STEP, ¼ TURN STEP, ½ TURN,
STEP BACK, ½ TURN STEP,
STEP BACK 1/4 TURN**
- 1 LF step forward
 - 2 LF ¼ turn left step RF next to LF
 - 3 ½ turn left weight on both feet
 - 4 LF step back
 - 5 RF ½ turn right step forward
 - 6 LF step back 1/4 turn right (6:00)